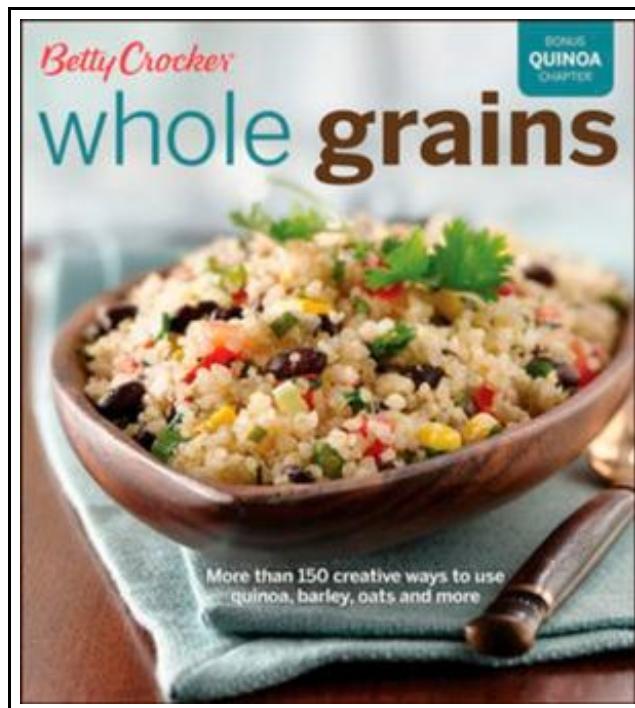


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Betty Crocker. 1 Paperback(s), 2012. soft. Book Condition: New. One of the simplest ways to improve your family's health and well-being is by switching to a diet rich in whole grains like wheat, barley, wild rice, and oats. This cookbook serves as an introduction to the whole-grain lifestyle, and along with a glossary and a visual guide to the most common grains, you'll find whole grain recipes for every meal of the day and snacks in between. Healthful fare doesn't mean giving up foods that taste good, as shown by the color photographs and the recipes for Ham and Wild Rice Soup; Spinache and Cheddar Quiche; Mediterranean Shrimp with Bulgur; Onion and Mushroom Quinoa; and Cranberry-Orange Oatmeal Cookies. 223.



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